



County of Los Angeles
CHIEF ADMINISTRATIVE OFFICE

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February 13, 2004

To: All Department Heads
From: David E. Janssen
Chief Administrative Officer

LOS ANGELES COUNTY TASK FORCE ON NUTRITION, NUTRITIONAL GUIDELINES

My office has been requested to coordinate the gathering of input on the feasibility of implementing the attached recommended Nutritional Guidelines, developed by the Task Force on Nutrition (Task Force). These guidelines have been developed to improve the health of County residents by reducing the use of packaged and pre-prepared foods, which will thereby assist in the fight against obesity.

Using the attached matrix, please describe how your Department will implement the recommended guidelines, and provide any comments and/or recommendations for consideration by the Task Force.

Your departmental representative should contact Michael D. Castillo of my staff at (213) 974-4652, or via e-mail at mdcastil@cao.co.la.ca.us, to obtain an electronic version of the matrix for submission. Please ensure your electronic input is submitted to Michael at the above e-mail address by no later than March 5, 2004.

Thank you for ensuring issues associated with implementing the recommended draft guidelines are identified in advance of their finalization.

DEJ:ASD
CP:MDC

Attachments

LOS ANGELES COUNTY

Nutritional Guidelines

The Los Angeles County Nutrition Task Force recommends that the following Nutritional Guidelines be followed for food preparation in Los Angeles County Institutions.

1. Use fresh whole foods as close to their natural state as possible
 - a. Use fresh, seasonal vegetables and fruits.
 - b. Limit use of canned and other processed foods.
2. Use healthful oils and fats.
 - a. Use natural monounsaturated and polyunsaturated oils.
 - b. Eliminate hydrogenated, including partially hydrogenated, oils and fats.
 - c. Eliminate foods high in trans-fatty acids, as produced by artificial hydrogenation of oils.
 - d. Eliminate deep fat frying.
 - e. Limit use of saturated fats.
3. Use less sugar
 - a. Increase use of fresh fruits for desserts and snacks.
 - b. Serve more foods made from nutritious ingredients, such as whole grain flours and nuts.
 - c. Decrease use of commercially packaged prepared foods.
 - d. Decrease total intake of refined sugars, corn syrups and other syrups, jams and jellies.
 - e. Eliminate use of artificial sweeteners.
 - f. When using canned fruits, use those packed in water or rinse off the syrup.
 - g. Use unsweetened juices. Eliminate fruit-flavored drinks.
 - h. Eliminate sodas.

4. Use less Salt

- a. Increase use of herbs and sea salt in food preparation.
- b. Minimize use of refined salt in food preparation.
- c. Restrict availability of refined table salt.

5. Use Less Additives and Preservatives

- a. Limit use of all foods containing artificial preservatives, flavorings, and coloring.
- b. Limit serving of processed meats, i.e. salt-cured and smoked meats such as lunchmeats, sausage, bacon, ham and hot dogs.
- c. Limit use of processed cheese and cheese spreads.

6. Increase Serving of Fibrous Foods

- a. Use a variety of whole grains, such as whole-wheat, brown rice, barley, bulgur, oats, buckwheat, millet, rye and quinoa.
- b. Increase use of whole grains in all baked and cooked foods, pastas, cereals and casseroles, etc.
- c. Substitute unrefined whole grain flours for refined and/or bleached white flour, whenever possible.

7. Increase Serving of Healthful Proteins

- a. Increase serving of fish (especially deep-sea fish), poultry, lean meats and eggs.
- b. Increase serving of legumes, nuts, and seeds.

8. Vending machines should contain nutritious foods only.

9. All county food service personnel should receive annual nutrition education and food preparation training.

RECOMMENDED NUTRITIONAL GUIDELINES MATRIX

Department name: _____

RECOMMENDED NUTRITIONAL GUIDELINES	DESCRIBE YOUR DEPARTMENT'S IMPLEMENTATION OF EACH GUIDELINE	COMMENTS / F T
1. Use fresh whole foods as close to their natural state as possible:		
a. Use fresh, seasonal vegetables and fruits.		
b. Limit use of canned and other processed foods.		
2. Use healthful oils and fats:		
a. Use natural monounsaturated and polyunsaturated oils.		
b. Eliminate hydrogenated, including partially hydrogenated, oils, and fats.		
c. Eliminate foods high in trans-fatty acids, as produced by artificial hydrogenation of oils.		
d. Eliminate deep fat frying.		
e. Limit use of saturated fats.		

RECOMMENDED NUTRITIONAL GUIDELINES	DESCRIBE YOUR DEPARTMENT'S IMPLEMENTATION OF EACH GUIDELINE	COMMENTS / RECOMMENDATIONS FOR TASK FORCE
3. Use less sugar:		
a. Increase use of fresh fruits for desserts and snacks.		
b. Serve more foods made from nutritious ingredients, such as whole grain flours and nuts.		
c. Decrease use of commercially packaged prepared foods.		
d. Decrease total intake of refined sugars, corn syrups and other syrups, jams and jellies.		
e. Eliminate use of artificial sweeteners.		
f. When using canned fruits, use those packed in water or rinse off the syrup.		
g. Use unsweetened juices. Eliminate fruit-flavored drinks.		
h. Eliminate sodas.		
4. Use less salt:		
a. Increase use of herbs and sea salt in food preparation.		
b. Minimize use of refined salt in food preparation.		
c. Restrict availability of refined table salt.		

RECOMMENDED NUTRITIONAL GUIDELINES	DESCRIBE YOUR DEPARTMENT'S IMPLEMENTATION OF EACH GUIDELINE	COMMENTS / RECOMMENDATIONS FOR TASK FORCE
5. Use less additives and preservatives:		
a. Limit use of all foods containing artificial preservatives, flavoring, and coloring.		
b. Limit serving of processed meats (i.e., salt-cured and smoked meats, such as lunchmeats, sausage, bacon, ham and hot dogs).		
c. Limit use of processed cheese and cheese spreads.		
6. Increase serving of fibrous foods:		
a. Use a variety of whole grains, such as whole wheat, brown rice, barley, bulgur, oats, buckwheat, millet, rye and quinoa.		
b. Increase use of whole grains in all baked and cooked foods, pastas, cereals and casseroles, etc.		
c. Substitute unrefined whole grain flours for refined and/or bleached white flour, whenever possible.		
7. Increase serving of healthful proteins:		
a. Increase serving of fish (especially deep-sea fish), poultry, lean meats and eggs.		
b. Increase serving of legumes, nuts and seeds.		

RECOMMENDED NUTRITIONAL GUIDELINES	DESCRIBE YOUR DEPARTMENT'S IMPLEMENTATION OF EACH GUIDELINE	COMMENTS / RECOMMENDATIONS FOR TASK FORCE
8. Vending machines should contain nutritious foods only.		
9. All County food service personnel should receive annual nutrition education and food preparation training.		